

# HVE@DU

## Full Year Curriculum 2019

### Special 2019 Dates:

\*2nd annual Peter Naffah DU Hockey Outing (5:30pm dinner, 7:00pm game- Friday Feb 22, 2019)

\*DU Women's Lacrosse game (2:30pm, Saturday March 30, 2019)

\*DU Women's Lacrosse game (7:00pm, Friday April 19, 2019)

\*Family Picnic: May 2019

\*Family Holiday Potluck: December 2019

\*August 2019: Summer overnight trip

### Quarter 1: Jan. 30 and 31- Mar. 20 and 21

Theme: **Skills and Habits for Lifelong Wellness**

Topics covered: Down syndrome specific exercises, healthy snack prep activities, Healthy shopping lists and recipes, bus trip to library, Ritchie Center Visit, DU Dance team, Game night

Registration and payment due to RMDSA office staff by: January 18, 2018

### Quarter 2: Apr. 3 and Apr. 4- May 22 and May 23

Theme: **Life Skills for Community Independence**

Topics covered: Campus Safety guest speaker, RTD guest speaker, student apartment visit, light rail field trip, DU Campus Safety Scavenger Hunt, Game night

Registration and payment due to RMDSA office staff by: March 22, 2019

### Quarter 3: Aug. 21 and Aug. 22- Oct. 9 and Oct. 10

Theme: **Creative Exploration and Self Expression**

Topics covered: Arts and creativity apps; Group tile murals; Photography; with guest teaching artist

Registration and payment due to RMDSA office staff by: September 27, 2019

### Quarter 4: Oct. 23 and Oct. 24- Dec.18 and Dec. 29

Theme: **Responsible Citizenship and Giving Back**

Topics covered: Civic participation (voting, volunteering, self-advocacy opportunities), DU Campus service project with women lacrosse team, student gift exchange, game night

Registration and payment due to RMDSA office staff by: October 11, 2019